

# TOTAL FITNESS PACKAGE MEMBERSHIPS

Total Fitness is \$35/month or \$350/year and includes all aerobic and non-aerobic classes. All packages include unlimited use of the fitness rooms. Land & Water Fitness Membership\* excluded (see below).

## Unlimited Aerobics Membership \$25/month or \$250/year

### AEROBICS Age: 14 & up

#### STEP AEROBICS:

W	6-7:15 pm	CNRC
M, W, F	9:15-10:30 am	CNRC
Tu, Th	9:30-10:45 am	CNRC
M	6:15-7:30 pm	CNRC
M, W, F	8:30-9:45 am	DLRC
M, W	6-7:15 pm	DLRC
Tu, Th	6:30-7:30 pm	DLRC
Sa	10-11 am	DLRC
M, W, F	9:30-10:30 am	HSRC

#### LOW IMPACT AEROBICS:

M, W, F	10:30-11:30 am	CNRC
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#### INSTRUCTOR'S CHOICE:

Tu, Th	6:30-7:30 pm	HSRC
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#### ELZIE ODOM RECREATION CENTER CLASSES:

M	5:45 pm - 6:30 pm	Body "Booty" Camp
M	6:15 pm - 7:30 pm	Step & Body Sculpting
Tu	6 pm - 6:30 pm	Strength & Tone
Tu	6:30 pm- 7:30 pm	Cardio Kickboxing
W	6 pm - 6:20 pm	Core Abs & Legs Cond.
W	6:30 pm- 7:30 pm	Step
W	6 am - 6:50 am	Body "Booty" Camp
Th	6 pm - 6:20 pm	Abs Attack
Th	6:30 pm- 7:30 pm	Body "Booty" Camp
Sa	9 am - 10 am	Step & Conditioning
Sa	10 am - 10:30 am	Strength & Tone

### SENIOR CARDIO

Increase your cardiovascular fitness level with non-impact aerobics done to big band and oldies music. Work on balance and build overall body strength with the use of free weights and bands. Chairs are used for a portion of this class.

#### Age: 50 & up

M, W, F	8:15-9:15 am	CNRC
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### SCULPTING & TONING

This overall body conditioning class is designed to increase strength and sculpt and tone all major muscle groups. Participants will learn proper form with use of free weights, body weight and band exercises.

#### Age: 14 and up

Tu, Th	11 am-12 pm	CNRC
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### ABS ATTACK

Tu	6:45-7 pm	CNRC
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### BOOT CAMP

Tu	7-8 pm	CNRC
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### \* Land & Water Fitness Membership

Unlimited land and water fitness membership includes yoga, aerobics, water aerobics (at H.S. Indoor Pool) and fitness room. Ages 14 and up, \$45 month

## Unlimited Non-Aerobics Membership \$25/month or \$250/year

### TAI CHI

Looking for an exercise class that improves balance, flexibility and strength? Learn the ancient art of Tai Chi and improve yourself both physically and mentally.

#### Age: 15 & up

Tu, Th	12 pm-12:30 pm	DLRC
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### PILATES (MAT)

Mat Pilates is a great exercise to tone your body and to improve your flexibility using the mind-body connection. Pilates works on the core muscle groups to give your body better control. Breathing techniques and body awareness will also be emphasized.

#### Age: 14 & up

Tu, Th	5:30 pm- 6:30 pm	DLRC
Tu, Th	7:30 pm- 8:15 pm	EORC
M	5:15 pm- 6:15 pm	CNRC
W	5:30 pm- 6:30 pm	CNRC
M, W, F	10:30 am-11:30 am	HSRC

### YOGA

Yoga is a complete toning of the whole body. You can benefit from yoga exercises, breathing techniques and relaxation positions. Yoga releases stress from the body while improving muscular endurance, increasing flexibility and reducing cholesterol.

#### Age: 14 and up

M, W	7:00 am- 8:00 am	DLRC
Tu, Th	9:30 am-10:30 am	DLRC
Th	7:30 pm- 8:30 pm	DLRC
Tu, Th	6:00 pm- 7:15 pm	CNRC
W	6:30 pm- 7:30 pm	HSRC

### PIYO

PiYo is a fusion style, flexibility work-out combining pilates, yoga, dance and strength.

#### Age: 14 and up

Tu, Th	8:45 am- 9:45 am	CNRC
M, W, F	9:30 am-10:30 am	DLRC

# FITNESS CLASSES

## ASK THE TRAINER-Free!

All Fitness Room members are invited to join one of our personal trainers for another Ask the Trainer evening. A personal trainer will be on hand at **HSRC and CNRC from 6:30 - 8 pm** and at **DLRC from 11 am-12 pm** to refresh your memory on how to use the fitness room equipment and answer any questions you might have. No registration is required. Participants must have a current Facility Card and fitness room membership.

### HSRC

Tues, Sept. 25  
Tues, Oct. 23  
Tues, Nov. 27

### CNRC

Thurs. Sept. 20  
Thurs. Nov. 15

### DLRC

Sat, Sept. 29  
Sat, Nov. 3



## SENIOR EXERCISE

This group exercise class for seniors includes flexibility, balance and strength training done to big band and swing music. Participants learn proper technique in use of free weights, bands and tubes.

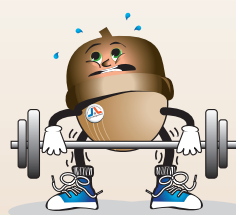
**Age: 50 and up**      **\$10 / month**

Tu, Th	8:00 am- 9:00 am	DLRC	46011
Tu, Th	8:00 am- 9:00 am	DLRC	46012
Th, Tu	8:00 am- 9:00 am	DLRC	46013
Th, Tu	8:00 am- 9:00 am	DLRC	46014

## PERSONAL TRAINER

Certified personal trainers are available for one-on-one instruction for all ages and skill levels. Arrange times between the instructor and student. Call the center where you wish to participate. Facility Card and fitness room membership required.

One person, one session . . . . .	\$40
One person, five sessions. . . . .	\$175
Two people, one session . . . . .	\$65
Two people, five sessions. . . . .	\$280



## Fitness Rooms

**Ages 14 & up**

**Cliff Nelson, Dottie Lynn,  
Hugh Smith, Meadowbrook**

**(Facility Card required for all fitness room passes.)**

Daily with Facility Card .....	\$3
Daily without Facility Card.....	\$6
Monthly .....	\$15
Annual .....	\$150
Senior Monthly .....	\$12
Senior 6-Month.....	\$60
Senior Annual .....	\$120
Additional Family Members .....	*20% off

### Child Care/Babysitting

CNRC	DLRC	HSRC
MWF 8:30-11:30 am	MWF 8:30-10 am	MWF 8:15-10 am
Tu/Th 8:30-10:30 am	T/Th 5:30-7:30 pm	M-Th 6-8 pm
M/W/Th 5:30-7:30 pm	M/W 6-8 pm	
Tu 5:30-8 pm		

## Elzie Odom Recreation Center

### Fitness Room Memberships (EORC):

Join our state-of-the-art fitness/weight room featuring a complete line of Nautilus strength equipment and a variety of cardiovascular machines (treadmills, stair climbers, ellipticals and bikes). Gyms open for free play with membership (subject to availability). Child care is available.

Facility Card is required.

Daily with Facility Card .....	\$3
Daily without Facility Card .....	\$6
Monthly .....	\$20
6-Month .....	\$100
Annual.....	\$200
Additional Family Members .....	*20% off
Basketball / Track .....	\$10/month or \$100/year

### Child Care/Babysitting

M-Th 6-9 pm (Ages 2 and up)

Senior Monthly .....	\$12
Senior 6-Month .....	\$60
Senior Annual .....	\$120

*\*Senior rates already discounted, 20% off for additional family does not apply.*